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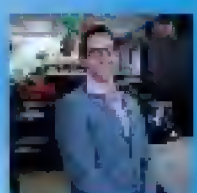
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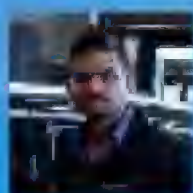
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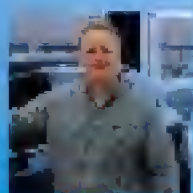
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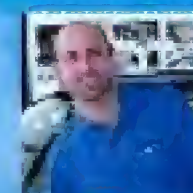
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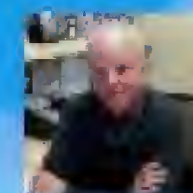
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Downtown employee
and wheelchair user
Allen Mankewich
STEPHANIE TAYLOR/METRO



**'IT SHOULD
BEEASIER TO
CROSS A STREET'**

Think going underground to cross Portage and Main
is frustrating? Try it in a wheelchair **metroNEWS**

Bike thefts see summer spike

CRIME

**Perpetrators
'more inventive,'
working in
groups: Police**



**Braeden
Jones**
Metro | Winnipeg

If you love it you should really put a lock on it ... or two ... and record the serial number, and take a picture of it.

Winnipeg police Const. Rob Carver said they've "have seen some increases" in bike thefts this summer.

"Some increases" is actually a big spike, as from May 1 to Aug. 10 last year, there were 268 bicycles reported stolen in Winnipeg. This summer during that same time frame there were 478 bikes reported stolen.

Carver speculates that the rise has to do with the fact that bikes are a "much more expensive item" today, and more people are riding them.

"Cycling has gained tremendous

popularity," Carver said.

To curb the upward trend, police shared their best advice on how cyclists can best protect their rides Monday.

An obvious tip Carver offered is locking bikes, but in a new way.

"We're recommending not only a good lock but two good locks," Carver said. "One just isn't being the deterrent that it used to be."

As well, bike thieves are "way more inventive," Carver explained, capable of overcoming weaker lock systems, and in some cases work in groups to target bikes worth stealing.

To combat that aggression, Ken Berg, manager of the Mountain Equipment Co-op on Portage Avenue, said a two-lock system with a steel U-lock as well as a cable lock through wheels works best.

He explained U-locks require "more knowledge ... more tools ... usually a little bit more time."

"Using the two in combination just makes it that much more ... able to lock up more stuff and loop in tires," he said. "You want it to go through as many things as possible, ideally the tire and the triangle of your bike as well."

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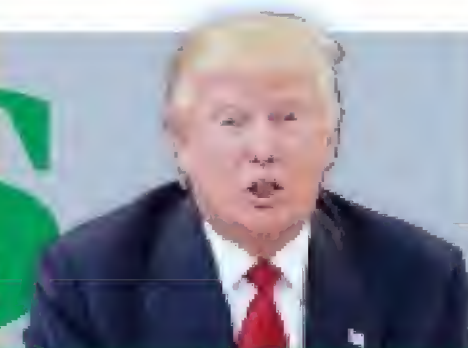
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Associate Manager, Great-West Life



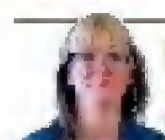
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Stores put cats to work

PEST CONTROL

Feline employees help keep shops free of mice



Meg Crane
For Metro | Winnipeg

Thanks to Winnipeg's plethora of old stock buildings, it's not unusual to walk into a Winnipeg business and find a cat curled up in the front window or begging for snuggles at the till.

But the owners say not only do their shop felines keep down mice, they're also good for business.

At Archangel Fireworks, three-legged cat Nibbles will likely greet you at the front counter.

"Whenever customers come in — if he's not napping — then he'll come up and get some attention," said Archangel assistant manager Melanie Godin.

She jokes that he's become somewhat famous in the city, drawing in people who have no interest in a light show, but rather want to scratch Nibbles behind the ears.

He wasn't adopted for this purpose. Rather, he's there to catch mice and chill with staff.

"It's nice company. He's everyone's cat. He's family," Godin said.

Stinky is one of many cats to have called Kendrick's Quality Printing Home.

"If an employee gets very attached and they move on to other things, sometimes they'll ask to take the cat along with them," said Norma Kendrick.

Stinky has been in there for



Stinky loves her corner of Kendrick Quality Printing. MEG CRANE/FOR METRO

nine years, although she's goes on vacation to employees' homes for long weekends, said Kendrick.

Like Nibbles, Stinky has friends who drop in just to give her some love.

"She gets lots of attention throughout the day, not only

from the employees but from customers," said Kendrick.

In return, she keeps the mouse problem at bay.

Not all cats were invited to live in their shops and many are not there for the mice.

Prairie Sky Books has had

a couple of cats, including the late Dos, wander through the doors and choose not to leave.

Walk by Warehouse Artwork, Pollock Hardware or Ness Auto Services and you'll likely find their company cat waiting for a cuddle.



It's nice company. He's everyone's cat. He's family.

Melanie Godin

ANIMAL SERVICES

City pushes for pet licensing



Stephanie Taylor
Metro | Winnipeg

You're in luck if you have yet to license your dog or cat in Winnipeg. The city's animal services agency announced that starting Monday, it would offer pet owners a chance to license their dog or cat without having to pay back any retroactive licensing fees or fines.

Dog and cat owner with pets older than six-months old are subject to a \$250 fee if their animals are not licensed, according to the city.

Starting this October, the city plans to take a zero-tolerance position on owners who refuse to license their pets. Owners of unlicensed pets will be immediately subject to a \$250 fine and, if one of those pets goes missing, the city says owners will have to pay the impound and boarding fees.

"Unclaimed unlicensed pets can be adopted to another family or sent to a rescue after three days," a news release issued Monday reads.

The agency's chief operating officer, Leland Gordon, told Metro back in June that revenue from pet licensing funds the services offered by the agency, which includes housing for dogs and managing a pet adoption program.

In 2016, the cost to license a dog increased from \$31 to \$36 for ones that are fixed, and \$66 to \$71 for what's known as "intact" dogs.

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TRANSIT TUESDAY

Weekly Transit News Update



SAY HELLO TO PEGGO... GET YOUR CARD NOW!

Say hello to peggo, the new electronic fare collection system from Winnipeg Transit. Using a peggo card is easy! Simply tap and hold the card directly on the peggo card reader on the farebox, wait for the beep and go. With peggo, you can purchase fares and check your card balance online for added convenience!

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- Transfer - when paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

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Purchase your peggo card online at winnipegtransit.com, by calling 311, or at any 7-11 or Shoppers Drug Mart. Get your card today! For a complete list of retailers visit winnipegtransit.com or contact 311.

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Wheelchair users face numerous lifts trying to cross Portage and Main. STEPHANIE TAYLOR/METRO

Key intersection crossing frustrating in wheelchair

ACCESSIBILITY

Portage and Main Circus labyrinthine for disabled



Stephanie Taylor
Metro | Winnipeg

Crossing Portage and Main is confusing to most who find themselves on Winnipeg's historic intersection, blocked by barricades, for the first few times.

But imagine navigating the underground concourse without the use of stairs or escalators.

That's the challenge wheelchair user and downtown employee Allen Mankewich poses to those wondering what it's like to cross the underground concourse in a wheelchair.

"It's frustrating," he said of his experiences underground.

"There's got to be a stronger word than frustrating, but that's the first thing that comes to mind."

Metro joined Mankewich on Monday as he crossed Portage and Main, starting from the Artis REIT headquarters at 360 Main and emerging at the TD Building at 201 Portage Ave.

In total, the roughly 10-minute trip involved the use of one ramp, five elevators or lifts, and two back corridors.

"It should be easier to cross a street," Mankewich said.

Besides learning which way to turn when you arrive in the underground concourse, dubbed the Portage and Main Circus, he said the lack of clear signage adds an extra challenge for those who need to find a wheelchair accessible route.

"It's hard to find elevators, it's hard to find access points if you're someone with a disability," he explained.

"You can see a staircase, so you know ... if you didn't have a wheelchair you'd know where to go."

Mankewich pointed out that even some of the accessible features built into the concourse and the surrounding buildings aren't exactly user-friendly.

For example, to access the TD building from the concourse, wheelchair users have to use



Coun. Ross Eadie says he simply doesn't use the underground as it's virtually impassible for those who are blind. METRO FILE



You can see a staircase, so you know ... if you didn't have a wheelchair you'd know where to go. Allen Mankewich

two lifts, spaced only several feet apart.

"When you have these added elements it just gets more frustrating," Mankewich said.

Danielle Otto, who also uses a wheelchair, spent upwards of 40 minutes lost in the underground when she first crossed the intersection last summer as part of a video series for about accessibility in our city.

"I can imagine people have similar experiences to me and try it once, and say, 'No thanks, I'll find a different way to cross the street.'"

She hasn't used the concourse since, and opts to take a several-block detour to avoid Portage and Main all together.

"Which is unfortunate because it's our flagship intersection in the city," Otto said.

For Coun. Ross Eadie, who is blind, he said using the concourse alone is not an option for someone with complete vision loss, which he said infringes on a person's independence.

He also questions the fairness of making people with physical disabilities choose to either take a detour or lengthier commute.

"Forcing us underground is forcing us into barriers that add extra time onto our lives that many of us who are busy

don't want to put up with," Eadie said.

"It would be way easier if I could just cross Portage and Main."

A city spokesperson said Monday a report will be tabled at city hall this fall that outlines pedestrian crossing options at Portage and Main.

"The City is reviewing options for the corner of Portage & Main, which would include pedestrian safety, accessibility of the intersection, and traffic movement," Kailey Barron wrote in an email to Metro.

Mayor Brian Bowman campaigned on tearing down the barriers, and recently said he wants to see pedestrians able to cross the intersection at street-level by the time our city plays host to the 2017 Canada Summer Games next July.

Both Otto and Mankewich agree removing the barriers would not only be a step in the right direction for greater accessibility for those in wheelchairs, but for all downtown visitors.

"On a nice day I'd rather just go outside and stay outside rather than dealing with wondering if an elevator's working or will I get stuck down here?" said Mankewich.



Jean Baptiste Ajua, an accomplished university track athlete who drowned on Saturday, on the day he became a Canadian citizen earlier this year. FACEBOOK

Two men drown

TRAGEDY

New citizen, 22, and 26-year-old die in separate weekend events

RCMP say two men have died after drowning in Manitoba lakes this past weekend.

The first, a former university track and cross-country runner who became a Canadian citizen earlier this year, has been identified as the man who died while swimming at a beach near Winnipeg.

Roger Habimana says his brother-in-law, 22-year-old Jean Baptiste Ajua, was at Birds Hill Provincial Park on Saturday as part of an outing with the St. Kizito Youth Choir, which included family and friends.

Habimana says he was on the other side of the beach when Ajua went into the water with a friend.

Habimana says Ajua began fighting to stay above the surface but kept sinking.

Swimmers were ordered out of the water and massive search was launched, and RCMP say the victim was found about 5 p.m.

Ajua was originally from Rwanda and became a Canadian citizen in January.

"All I can say, for someone so young, this is a guy who was so healthy. It's shocking," said Habimana.

Ajua was a member of the University of Manitoba Bisons track and cross country teams during the 2013-2014 varsity season. He finished 10th fastest Canada West men's runner at the 2013 CIS Cross Country Championship.

"Jean-Baptiste was a kind and gentle person and also a talented young runner. 'JB' as he was known by his teammates was well liked by all," the team's head coach, Claude Berube, said in a statement.

"He also had a busy and balanced life juggling school, work, family life while performing very well," Berube added.

The province also extended sympathies to the families dealing with the tragedy.

The second was a 26-year-old man from Winnipeg who drowned in Caddy Lake, said Falcon Beach RCMP. They said the man jumped off a dock at about 3:30 a.m. to go for a swim. He struggled and then disappeared under the water.

The man was dragged out of the water unresponsive and taken to hospital, where he was pronounced dead.

"An autopsy has been scheduled to confirm the cause of death. Alcohol is believed to be a contributing factor," said RCMP.

The government ordered a review of protocols at provincial beaches after a 12-year-old boy and an 11-year-old girl died at Grand Beach on Aug. 1.

THE CANADIAN PRESS

IN BRIEF

Home invasion victim dies in hospital

An 86-year-old woman who was seriously injured during a home invasion north of Winnipeg last spring has died.

RCMP say the victim and her husband, 88, were assaulted when their Selkirk home was broken into April 3.

The woman remained in the Selkirk General Hospital, where she died Saturday.

The husband was last listed in stable condition.

A 22-year-old man who was arrested and charged with assault. (CJOB, CTV WINNIPEG)/THE CANADIAN PRESS

ADVANCEMENT

Feds give university \$8M for research

The University of Manitoba is getting \$8 million in federal funding for research.

Vice-President of research Digvir Jayas said the \$8,138,046 in the Research Support Fund (RSF) will help with everything from maintenance of labs and equipment to research and the "commercialization of ideas."

The lion's share of the funding, \$3.7 million, will support research facilities, while \$1.9 million is earmarked for management and administration, \$1.3 million for regulatory requirements, and the remainder will support research resources

and intellectual property management.

Federal RSF grants have been used to upgrade labs and equipment at research facilities across the country.

South Winnipeg MP Terry Duguid said the federal government is "proud to support the necessary and exciting work taking place at post-secondary institutions across the country."

"It's so important to ensure that our educational and research facilities receive the level of funding they need to maintain a world-class environment," Duguid said. METRO

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May going nowhere

POLITICS

Green leader staying on but takes the blame for boycott row

Elizabeth May will remain Green party leader despite a controversy over the Middle East that divided members and prompted her to consider stepping down.

The party will revisit a convention resolution to support a movement to boycott Israel, along with any other recent policy decisions that lacked genuine consensus, May told a news conference Monday.

Meantime, May will focus on her work as a member of a parliamentary committee studying options for remodelling Canada's electoral system before the next national ballot in three years.

"This is a decision that I think the party needs as we build our strength and as I work on electoral reform and we prepare for 2019," May said.

May, the lone Green MP, spent the last several days pondering



Green party Leader Elizabeth May JUSTIN TANG/THE CANADIAN PRESS

her future during a vacation in Cape Breton.

At the party's convention earlier this month, members voted to express support for the so-called boycott, divestment and sanctions (BDS) movement against Israel — a move May opposed and which Jewish groups swiftly denounced.

May has attributed the resolution's passage to the process — brief statements followed by a majority vote rather than the party's traditional approach of a concerted effort to arrive at consensus.

"We let ourselves down, and I take blame for that myself," she said Monday.

May firmly squelched suggestions she had thought about joining the NDP or the Liberals. "That was never even a consideration."

She was "overwhelmed to read so many letters of support" from Green members, non-members and fellow MPs.

She decided to remain leader only after meeting with the party's federal council late Sunday evening, May said.

"It came to a question of support and unity. The council overwhelmingly wants me to stay on as leader."

The council adopted a motion approving a special meeting of party members — details to be announced later — at which "improved processes for policy-making" are to be adopted.

In addition, the party is eyeing a return to its pre-2016 process of holding a ratification vote open to all members for any policy adopted at a convention or general meeting.

"It's a critical issue to me that we return to consensus-based decision-making," May said. "And council completely supports me in making that effort."

THE CANADIAN PRESS

ENVIRONMENT

Canada has 'missed the boat' on climate

A leading expert on climate change says Canada "has missed the boat" when it comes to developing renewable energy resources that would mitigate the impact of global warming and its impact on human health.

Dr. James Orbinski, who teaches medicine at the University of Toronto, told a meeting of the Canadian Medical Association in Vancouver on Monday that Canada still has time to catch up with leading countries.

"For Canada, we have been stuck in this paradox," he said. "We are lagging behind economically in terms of the kind of advances that other nations like Germany, Spain, the nations of continental Europe, the U.K., China even — the kind of policies that they're engaging in terms of dealing with the effects of climate change."

He says California has the

fastest-growing economy in the United States despite putting a price on carbon emissions but Canada has not recognized what appears to be an economic paradox.

The former head of Doctors Without Borders says wildfires, droughts and hurricanes are just some of the effects of climate change, along with higher global temperatures that will lead to rising sea levels.

Orbinski says the rate of temperature increases in Canada is two times higher than the global average, with greater hikes in the northern part of the country.

People in developing regions of the world suffer the most from the effects of climate change, he said. In 2011, 13 million east Africans were on food assistance because of drought.

THE CANADIAN PRESS



What is very clear is that climate change is like no other threat that the human species has ever faced in its history. Dr. James Orbinski

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A U.S. flotation invasion

SARNIA, ONT.

Winds turn boat party into international incident

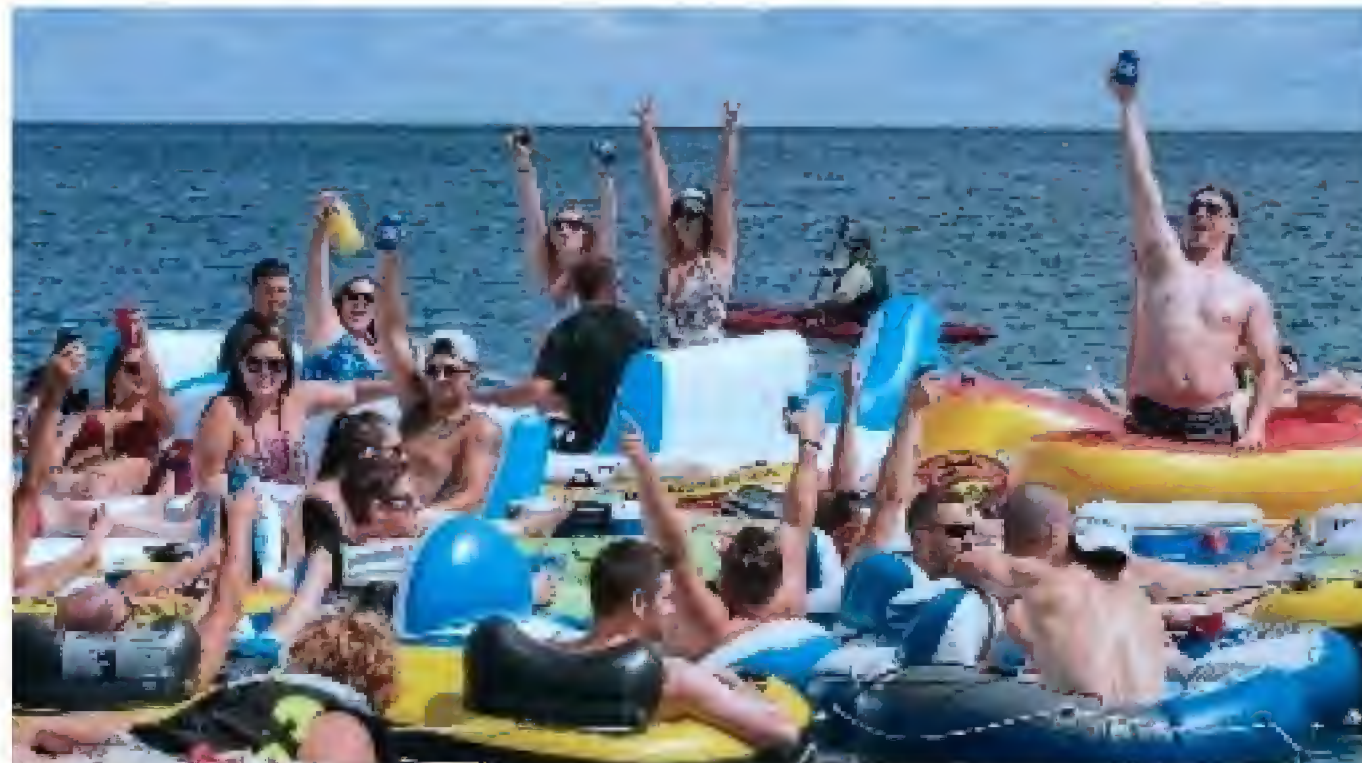
You could call it an invasion party.

Or at least that's what it turned into after about 1,500 Americans taking part in an annual rafting event on the St. Clair River found themselves swept across the river to Canadian shores on Sunday.

"The first thing I thought was that this is exactly what will happen when Donald Trump will be elected: It's good practice," joked Sarnia Mayor Mike Bradley, who watched the incident unfold from his waterfront property.

"This could be the start of many people trying to cross the boarder into Canada ... but it was just a big party crowd."

Michigan's annual Port Huron Float Down is a tradition that attracts thousands of participants who float 13 km down the river that divides Michigan and Ontario on rafts and store-bought



People celebrate as they start the Float Down at Lighthouse Beach in Port Huron, Mich., on Sunday. Thousands of people floated down the St. Clair River. MARK R. RUMMEL/THE TIMES HERALD/THE ASSOCIATED PRESS

inflatables. This year, an estimated 3,000 took to the water.

The unsanctioned event started around 1 p.m. at Lighthouse (Conger) Beach in Port Huron, Mich. By 4 p.m., hundreds of people had cleared the international Blue Water Bridge and found themselves headed to the Canadian side, breaking a golden

rule of the loosely organized event: DON'T LAND IN CANADA.

"Most people (who) are hopping in have no idea what they're doing," said Peter Garapick, a superintendent of search and rescue with the Canadian Coast Guard, who was on hand Sunday to help get the Americans out of the water.

"They get in blow-up toys with a cooler of alcohol, no sunscreen, water, dry clothing or ID," he continued. "We had 1,500 people on floatable devices and they weren't prepared for it."

Garapick said the hundreds of floaters who invaded Canada were caught up in the cur-

"
We had 1,500 people on floatable devices and they weren't prepared for it.
"

Peter Garapick

rents or blown ashore by winds believed to be gushing up to 40 km/h, landing at Front and George streets in Sarnia.

Some were singing the Canadian anthem as they were rescued by officials, he said.

Arianna Mahon, an 18-year-old Port Huron resident (who said she and her friends were not drinking that day), was among those swept across the river into Canada. She described the scene on foreign soil as chaotic and stressful, but added that "a lot of cops were very polite. Very, very polite."

"It was freezing cold. We were just in our swimsuits, I didn't even have shoes," she told the Star. "It was amazing (hospitality). Some people from the Tim Hortons came and they were even giving us coffee."

TORSTAR NEWS SERVICE

ENVIRONMENT

Wildfires rage in B.C.

Cooler weather was expected to help British Columbia crews battling a wildfire that has forced the evacuation of dozens of properties above the northwestern shore of Okanagan Lake.

The Bear Creek wildfire broke out late Sunday evening, near Bear Creek Provincial Park, and within hours the Central Okanagan Regional District ordered the evacuation of 156 properties.

A news release issued by the regional district early Monday morning said no homes were lost overnight, but some sheds or outbuildings may have been damaged about 10 kilometres north of West Kelowna.

About 60 people from the evacuated area had registered at an emergency reception centre in West Kelowna by Monday morning.

The evacuation zone covered the provincial park campground, a subdivision and homes along Bear Creek Road.

Another Okanagan fire, at the south end of Skaha Lake, about 80 kilometres south of Kelowna, also caused concern late Sunday.

THE CANADIAN PRESS

POLITICS

More Philpott expenses in question

The controversy surrounding Health Minister Jane Philpott's travel expenses grew on Monday as evidence surfaced that she billed taxpayers \$520 for access to Air Canada's executive airport lounges in North America and Europe.

The Opposition Conservatives, who produced a receipt

for her lounge membership, said she should repay the money. "This trend of excess and entitlement on the part of this minister and the government basically is continuing," said Conservative health critic Colin Carrie.

Aaron Wudrick, the federal director of the Canadian Taxpayers Federation, also called for

a refund. "The things that are reasonable expenses are things that are directly related to their job," he said.

Last week, Philpott said she would repay \$3,700 in high-end car service costs after it was revealed she billed for \$1,700 on one day and more than \$1,900 on another day. THE CANADIAN PRESS

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Turkey vows to fight Daesh terror

MIDDLE EAST

Bombing in Gaziantep killed at least 54 people

Turkey vowed Monday to fight Daesh militants at home and to "cleanse" the group from its borders after a weekend suicide bombing at a Kurdish wedding, an attack that came amid recent gains by Syrian Kurdish militia forces against the extremists in neighbouring Syria.

The bombing Saturday in the southern city of Gaziantep, near the border with Syria, killed at least 54 people — many of them children. Nearly 70 others were wounded in the attack, the deadliest in Turkey this year.

There was no immediate claim of responsibility, but officials said it appeared to be the work of Daesh. Authorities were trying to identify the attacker, who President Recep Tayyip Erdogan initially said was a child. How-

ever, Prime Minister Binali Yildirim said Monday that it was unclear whether the bomber was "a child or a grown-up."

"A clue has not yet been found concerning the perpetrator," Yildirim told reporters following a weekly Cabinet meeting. He said the earlier assertion that the attacker was child was a "guess" based on witness accounts.

At least 22 of those killed were children younger than 14, according to a Turkish official who spoke on condition of anonymity in line with Turkish government rules.

The attack came after the Syria Democratic Forces, a coalition led by the main Kurdish militia groups in Syria, captured the former Daesh stronghold of Manbij in northern Syria under the cover of airstrikes by the U.S.-led coalition.

"It appears to be an act to punish the PYD," said Nihat Ali Ozcan, a security and terrorism expert at the Ankara-based Economic Policy Research Foundation of Turkey, referring to a Syrian Kurdish group whose militia is

+ RETALIATION

Media reports say Turkish artillery has attacked a U.S.-backed Syrian Kurdish militia as well as Daesh positions across the border in Syria.

fighting Daesh. "It's the cross-border settlement of scores by two actors fighting in Syria."

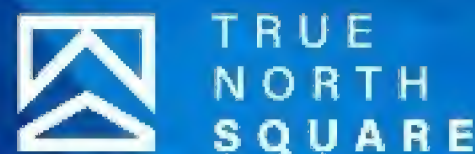
Foreign Minister Mevlut Cavusoglu told reporters Monday that Turkey would press ahead with its fight against the Daesh inside Turkey and support efforts to remove extremists from its borders.

"Our border has to be completely cleansed of Daesh," Cavusoglu said.

Cavusoglu said Turkey had become a main Daesh target because of measures it has implemented to stop recruits from crossing into Syria to join the fighting, as well as hundreds of arrests of Daesh suspects in Turkey. THE ASSOCIATED PRESS



A man cries as people stand around a coffin during a funeral for victims of a terror attack on a wedding party that left at least 54 dead in Gaziantep, Turkey, on Sunday. AFP/GETTY IMAGES



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Residents clean out their flood-damaged homes in St. Amant, La., on Saturday. THE ASSOCIATED PRESS

NATURAL DISASTER

Louisiana on long road to recovery

Storm victims spill out of the waiting rooms, some clutching water-stained documents, others with the long stare of those stricken by disaster, each with a story of personal tragedy about the Louisiana flood's devastation to their homes and their lives.

The line for the makeshift Federal Emergency Management Agency recovery centre started to gather before the facility opened Monday at a substance abuse treatment site run by a local Baptist church.

The long, hard slog of recovery is underway across south Louisiana, after a storm that began Aug. 12 dumped as much as two feet of rain in some areas over 48 hours, causing catastrophic

flooding.

At least 13 deaths have been attributed to the flooding, and more than 60,000 homes were damaged. President Barack Obama was expected to visit the area Tuesday.

In hard-hit neighbourhoods, people spent their weekend gutting homes in brutal heat, ripping out water-logged carpet and flooring, stripping out walls and insulation and sifting through personal belongings to determine if anything was salvageable. Piles of water-damaged furniture, clothes, photographs and toys filled curbs, as shell-shocked residents discarded nearly everything they owned.

THE ASSOCIATED PRESS

TIMBUKTU

Malian extremist has 'deep regret'

Expressing "deep regret" for his actions, an Islamic extremist pleaded guilty Monday to orchestrating the destruction of historic mausoleums in the Malian desert city of Timbuktu.

Ahmad Al Faqi Al Mahdi, wearing a dark suit and striped tie, stood and calmly told judges he was entering the guilty plea "with deep regret and great pain" and advised Muslims around the world not to commit similar acts, saying "they are not going to lead to any good for humanity."

The guilty plea was a landmark for the court, which has struggled to bring suspects to justice since its establishment in 2002. It was the first guilty plea and the first time prosecutors have launched a trial for the crime of deliberately attacking buildings of religious or cultural significance.

"Our cultural heritage is not a luxury good," prosecutor Fatou Bensouda told the three-judge panel. She said Al Mahdi's guilty plea "will set a clear precedent, sending an important and positive message to the entire world." THE ASSOCIATED PRESS

CONVENIENCE STORES

Couche-Tard pays \$4.4B for U.S. chain

Alimentation Couche-Tard, already among the largest convenience store operators in North America, announced a \$4.4-billion US friendly acquisition Monday that would significantly expand its presence south of the border.

The Quebec-based company that owns the Mac's and Couche-Tard convenience store chains said it was buying CST Brands, which is headquartered in San Antonio, Texas, and has more than 2,000 stores in the U.S. and Eastern Canada.

Brian Hannasch, CEO of Alimentation Couche-Tard, told analysts on a conference call that CST Brands fills a few gaps in his company's U.S. retail operations.

"It gives us an entry into Texas, a market that we've been focused on penetrating for the last three or four years," Hannasch said.

The deal, which includes assumed debt, would also add 165 sites in Georgia and north Florida, "largely filling out a geographic void we have in the U.S. Southeast" and strengthen Alimentation Couche-Tard's footprint in Arizona and Colorado, he added.

Alimentation Couche-Tard would then sell most of CST's business in Canada, including rights to use the Ultramar brand, to Parkland Fuel Corp. of Red Deer, Alta., for about \$965 million.

THE CANADIAN PRESS

BY THE NUMBERS

Canada	United States
About 1,830 stores under the Couche-Tard and Mac's brands.	More than 6,050 Circle K and Kangaroo Express sites in 41 states.
Europe	International
2,659 full-service (convenience and fuel) and automated stations (fuel only) under Circle K, Statoil and INGO brands.	Licensing agreements cover almost 1,500 stores under the Circle K banner in China, Costa Rica, Egypt, Guam, Honduras, Hong Kong, Indonesia, Macau, Malaysia, Mexico, Philippines, United Arab Emirates and Vietnam.

IN BRIEF

June wholesale sales up
Canadian wholesale sales were better than expected in June, offering a sliver of economic optimism in what's expected to be a rough quarter. Statistics Canada said wholesale sales grew by 0.7 per cent to \$56.4 billion.

THE CANADIAN PRESS

market minute

	DOLLAR 77.22¢ (-0.56¢)
	TSX 14,748.19 (+60.73)
	OIL \$47.41 US (-1.70¢)
	GOLD \$1,343.40 US (-\$2.80)
NATURAL GAS: \$2.68 US (+10¢)	
DOW JONES: 18,529.42 (-23.45)	



Frozen ducks are ready for sale in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Canadian producers to double duck output

FOOD

Celebrity chefs, reopening of Mexico market spurs demand

Despite a surge in cheap imports, Canadian duck producers are planning to boost production due to growing consumer demand spurred on by celebrity chefs and the reopening of the Mexican market.

Brome Lake, the country's oldest processor of domestic Pekin duck, is spending \$30 million to build a facility in a former beef plant in Asbestos, Que., that will double its annual production capacity in

five years to four million birds.

Ontario rival King Cole Ducks also plans to increase its output to stay competitive.

Canada's three largest producers, which also include B.C. supplier Fraser Valley Specialty Poultry, expect overall annual production to double from the current level of 5.5 million ducks.

A popular delicacy in Asian communities, duck is increasingly being sampled by new consumers.

"The young generation is trying more and more different products and duck is one of them," said Claude Trottier, president of Brome Lake, founded in 1912.

Although pricier than chicken, the red meat protein is

increasingly being selected as an alternative to beef, which has experienced steep price increases.

Brome Lake hopes to begin production in November, four months after a fire destroyed its processing operations, offices, distribution facilities and a retail store in Knowlton, Que.

Processing has temporarily been shifted to a co-owner's operations in Indiana.

Duck is a Canadian niche culinary offering, but it's a popular item in Quebec for

Brome Lake.

The processor aims to spur sales in the rest of the country beyond Chinatowns by offering a wider array of its products, including fresh meat, leg confit, sausages, duck pie and fondue meat — all of which are readily sold in Quebec supermarkets.

It also plans to educate consumers at supermarket tastings about the product that's traditionally only been served at Christmas and on other seasonal holidays.

THE CANADIAN PRESS



The young generation is trying more and more different products and duck is one of them.

Claude Trottier

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METRO POLL

Best summer Games for Canada ever?

Canada's 22 medals in Rio amounted to the highest total at a summer Olympics since the 22 collected at the 1996 Atlanta Games. And our three gold medals was two better than at the 2012 London Games, though well short of the seven we won in Barcelona in 1992. And, of course, there were the exploits of Penny and Andre. We asked our readers to reflect on Rio.

1 Was Rio the best ever performance for a Canadian summer Olympic team?

94%
Yes!



4%
No.

2 Who was the breakout Canadian star?

63% Penny Oleksiak in swimming
25% Andre De Grasse in sprinting
13% The women's rugby sevens team

3 How many medals will Canada win in 2020?

63% Between 22 and 25
31% More than 25
6% 22 on the dot
0% Less than 22

4 What was your favourite moment?

Kish finding her dad at the end of the bronze medal rugby game, if I had to pick just one.

Honestly, it was watching the women's 75 kg weightlifting finals. Wow!

It's Gotta be the Bolt-De Grasse bromance

Every single thing Penny did in the pool. What a hero!

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INSIDE THE PERIMETER

Shannon VanRaes



If you had \$52.12 in your pocket, could you prove it was yours? Could you prove that it was earned legally? If it was taken away from you by law enforcement, would you know how to get it back?

It might seem far-fetched, but under Manitoba's Criminal Property Forfeiture Act, cash is seized nearly every day in this province, without conviction and without trial.

In fact, on March 23 of this year the Winnipeg Police Service did seize \$52.12 from someone on Riverton Avenue, describing it as the "alleged proceeds of unlawful activity." They believed two pennies were the proceeds of crime and they seized them.

On Jan. 5, Winnipeg police seized \$31.89 from an individual on Concordia Avenue.

And in June, Winkler police took the time to seize \$10, again citing it as the alleged proceeds of crime.

So much for due process. And while the seizure of large properties, vehicles and homes is extremely problematic — creating questionable incentives for investigators and unduly punitive conditions for those accused of crimes and their families — large seizures are not the most common type made by Manitoba law enforcement. Many, if not most, seizures are under \$1,000. Of the 44 current forfeitures listed on the Government of Manitoba's website, nine are under \$100.

Geographically, most small cash seizures are made in Winnipeg's inner-city neighbourhoods and the North End. Reading between lines, those seizures are made from individuals who fit a police profile for low-level drug dealer — whatever that profile may be.

Very few seizures are made in, say, River Heights or Southdale, which I suspect stems not from the fact crime doesn't occur in those areas, but that in the long tradition of white-collar, middle-class violations, these offences occur behind closed doors and require more than a spot-check to investigate.

Not that a successful criminal prosecution is even required for an administrative forfeiture — a process the former NDP government introduced in 2012. Now personal property up to \$75,000 can be seized without involving the courts.

Last week's announcement that \$924,000 from the criminal property forfeiture program has been reinvested in gear and gadgets for the RCMP and Winnipeg Police Service — with an additional \$450,000 going to victim services — would have been a good time to launch a public discussion

on the issue.

Alas, this happened instead: "OMG, it's a dog and it is wearing a little vest!"

That's right, Eddie the RCMP dog, sporting a ballistic vest and small camera, managed to divert nearly all attention away from the actual justice issues during a press conference and ensuing news coverage. Good boy, Eddie, good boy.

I like animals wearing clothes as much as the next person, but I would prefer a robust discussion of ethics and community policing or an examination of why law enforcement needs auxiliary sources of revenue.

But then again, that's only my two cents' worth.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist. She can be reached on Twitter @ShannonVanRaes

ROSEMARY WESTWOOD

No politician is exempt from the temptations and pitfalls of politics

On Saturday night, the king of Canadiana, Gord Downie, used the stage at The Tragically Hip's final national tour — which has lent us more pride and unity than Tim Hortons ever could — to praise Justin Trudeau's commitment to indigenous Canadians.

As if Trudeau's Teflon popularity needed a boost.

His approval ratings in June were so high (at 56 to 63 per cent) that iPolitics wondered, "How long will Trudeau's luck last?"

Canadians (mostly) see him less as a politician than as a genuinely good guy who's going to genuinely change our country for the better (and look good doing it).

But here's the thing: Trudeau is indeed a politician, and sooner or later, he's going to screw up like one.

Already, his health minister, Jane Philpott, has stepped in that most obvious and cliché of controversies: unnecessary overspending for no purpose other than convenience or preference for room-temperature cheese.

It doesn't take a smart, powerful woman to realize that \$1,700 on a limo service for one day would be bad optics as well as bad taste. And yet there was Philpott this weekend, apologizing for just such a snafu while hoping we believe it was an honest mistake, instead of a classic example of a political

privilege.

Likewise, witness Trudeau's kindred spirit and brother-in-sleek-suits, U.S. President Barack Obama, who has been embarrassed into visiting flood-ravaged Louisiana today. He'd previously been photographed bike riding with his daughters on holiday, while tens of thousands of people fled what the Red Cross has called "likely the worst natural disaster in the United States since 2012's Superstorm Sandy." The optics were already eerily similar to George Bush's absence during Hurricane Katrina, and then who should show up to hand out kids' toys but Donald Trump (proving that he can do the odd bit of conventional politicking).

The problem, as the National Post's Robyn Urback noted, is that "entitlement is, generally speaking, a non-partisan illness."

I have a better chance of buying a house in Vancouver than Justin Trudeau has of keeping up this nice-guy-in-a-politician's-clothing act. There will be more Philpott-esque controversies, because there always are, and Trudeau should be held responsible when they happen.

That doesn't mean we have to give up our Gord Downie-approved hope. I'm among those who believe it may be well placed. Meaningful change could happen, but the fairy tale won't last.

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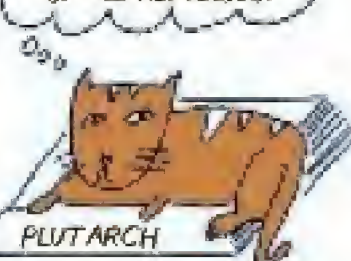
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Akira (logo inset) is a telemedicine app that allows patients to speak to doctors via text and video conferencing to get medical advice and prescriptions. iStock

Doctors without bricks and mortar

TECHNOLOGY

Can an app replace a visit to your health care provider?

Genna Buck
Metro Canada



When Nicole Simone had tell-tale signs of an eye infection a few months ago, she was pretty sure she knew what she had. She also knew her family doctor typically books appointments at least three to five days in advance.

Suspecting she was contagious, the Toronto-based photographer didn't feel up to visiting a walk-in clinic.

So she downloaded the smartphone app Akira, made by the Toronto startup of the same name. She signed up for a \$9.99/month plan, filled out a form with her health history, submitted some photos of her eye, and spoke to a doctor by text message, answering "a bunch of questions."

Within 20 minutes, a prescription for an antibiotic had been sent to Simone's pharmacy. She did not need to submit her health card.

"I paid 10 dollars to not wait in the waiting room and catch more diseases,"

Simone said.

Services like this have been around in the U.S. for years, but they don't seem like they would be allowed in Canada — doesn't our single-payer health care system cover the treatment of eye infections?

It does. But in Ontario, where Akira launched in May, the provincial health insurance program doesn't cover telemedicine — the use of telecommunications technology to provide clinical care — so companies are free to charge for it.

And Canadians are eager to pay for it. A 2014 report in *HealthcarePapers* found nearly 80 per cent of us would like to be seen by our health providers online. That's what Akira does: Via text and video conferencing, its doctors and nurse practitioners can examine you, give advice, order lab work, refer to specialists and write prescriptions — all without you leaving the couch.

All this raises questions about what role the for-profit tech industry should play in Canadian health care, where medically necessary services are privately provided, but publicly funded and free; a right many Canadians hold sacred.

Plans are in the works to expand across the country, Akira CEO Dustin Walper said, but it could take awhile because what services are cov-

ered varies from province to province. Health care, like transportation and communication, could benefit from a bit of disruption from the tech sector, he added.

Pascale Lehoux, public health innovation professor at L'Université de Montreal, is less enthusiastic.

"The electronic health industry is very heterogeneous, including many small startup firms that have to generate a lot of 'buzz' for investors ... these firms have to chase the most profitable business model (e.g., clients with low health risks)," she said in an email.

Lehoux is not confident private, digital health services will ease the burden on Canada's overtaxed health system.

"From a public health perspective, such firms are unlikely to respond to pressing needs," she said.

"They respond to the needs/anxieties of (potentially wealthy) clients and work with physicians who are highly sensitive to financial incentives. What kind of health outcomes shall one expect from that?"

Akira's doctors are paid by the day by the company, regardless of how many patients those doctors see, and visits are unlimited.

The company also relies on patients to give their medical

BY THE NUMBERS

30

The typical age of an Akira user, according to CEO Dustin Walper.

80%

The proportion of Canadians who would like to be able to see their health provider online.

history. Akira will send its records to your doctor, with permission, but the reverse isn't possible — your family doctor can't share your electronic medical record with Akira.

Walper said it's not for him to say whether Akira is eventually covered by provincial plans, private insurance, or continues as an out-of-pocket service.

But he thinks one day Canadian hospitals will come knocking, wanting to use the technology that companies like his have developed.

"If we don't incubate and innovate our own companies in this country, down the road, we're just going to buy the technology from someone else."

RELATIONSHIPS

Don't let chores breed resentment

Sofi Papamarko
Torstar News Service

Jen Horsey travels a lot for work. So does her boyfriend. Sometimes, things get messy.

"When I get home from a trip, I unpack right away," says Horsey, a marketing professional.

"I put the dirty clothes in the laundry, stow the suitcase and restore all my toiletries to the bathroom — even if I'm only home for a couple of days before I leave again. He, on the other hand, just opens his suitcase and

lets it vomit its contents all over our bedroom floor."

Horsey doesn't consider herself a neat freak — houses are meant to be lived in, after all — but she does prefer it when things look tidy. "My boyfriend doesn't notice mess the same way I do," Horsey says.

It's not a gender thing. Nine times out of 10, my own boyfriend's place is immaculate. Whereas I am writing this on a coffee table littered with old magazines, bottles of nail polish and a constellation of pistachio shells. (I'll get to it later, okay?)

No matter how compatible you may be with your partner, if you have different cleanliness ideals, could it spell trouble for your relationship? I asked Toronto psychotherapist and couples counsellor, Kirk Austensen.

"(Cleanliness and) the division of household labour is absolutely an issue in a relationship," he says. Austensen explains that in relationships where there is this type of imbalance, there is usually one person who is an "overdoer," while the second is a more laissez-faire person. The labour imbalance eventually



Jen Horsey and her boyfriend don't exactly see eye-to-eye on when it comes to how quickly one should unpack a suitcase after a trip. TORSTAR NEWS SERVICE

breeds resentment. "Resentment is the number one relationship killer," says Austensen.

Hiring a regular cleaning service is a great solution. But what about couples and families who

can't afford it?

Austensen recommends that couples communicate and create a vision or plan that works for them (for instance, one partner does the cooking and cleaning and then other partner does the laundry, yardwork and handles the bulk of the childcare).

If one of the partners slips up, nagging is definitely not the way to go, as it could breed further resentment.

"There has to be feedback and positive acknowledgement," says Austensen.

"Couples should be checking in with each other about the things that they're both doing and contributing, ensuring that they're honouring their commitments."

Soggy pizza stirs summer memories

ESSAY

Not every child gets the campfire and pine tree experience

Karon Liu
Torstar News Service

The quintessential scents of a Canadian summer are the whiffs of pine trees seeping through the car windows while pulling up to the cottage; the morning air that greets you when you open your tent; and the smoky aroma of marshmallows over an open flame.

At least, that's what I was brought up to think were the smells of summer while I was watching TV.

Truthfully, the summer scents of my childhood consisted of soggy Pizza Pops, Kraft Dinner and lukewarm pizza bagels eaten in a wood-panelled basement with yellowy fluorescent lights.

My sister and I didn't spend a lot of time outside when we were kids.

As immigrants from Hong Kong, where temperatures average 30 C in the summer and the humidity gets so intense you have to refrigerate bread or else it gets mouldy, my mom found it perplexing that people would willingly leave an air-conditioned home and sleep in a tent or eat on a patio.

My mom is also one of those moms that would forward you emails in all-caps believing that

As immigrants from Hong Kong, where temperatures average 30 C in the summer and the humidity gets so intense you have to refrigerate bread or else it gets mouldy, my mom found it perplexing that people would willingly leave an air-conditioned home and sleep in a tent or eat on a patio
Karon Liu



Karon Liu writes that this summer he's cooped up in the Torstar test kitchen — where no microwaveable pizza is allowed.

TORSTAR NEWS SERVICE

urban legends were real.

She'd tell us stories of strangers pricking people with AIDS-infected needles in movie theatres, and my favourite: kids being kidnapped, killed and then having their bodies used to smuggle cocaine past airport security. You know, stuff you'd tell a 7-year-old.

We didn't believe her, but we

were still forbidden to go outside without adult supervision — including the backyard. So when school was done for the year, we'd just stay inside all day. My grandma was still living with us at the time and she watched us while my parents were at work. She'd heat up a can of alphabet soup for my sister and I while we watched *The Price is Right* fol-

lowed by *The Flintstones*. After that it would be another block of TV-watching in the basement before the afternoon hunger pangs set in.

Our fridge was stocked with all kinds of frozen junk food stockpiled from Costco: Pizza Pops, Bagel Bites, French fries.

My parents knew this was the bottom of the barrel when

it came to nutrition, but it was quick to heat up and didn't require my sister or me to turn on the stove.

As first generation kids growing up in the '90s — a time when sushi and hummus were still exotic to the masses — we wanted to fit in with all the other kids and stuff ourselves with the junk food we saw on TV. I can still

conjure up the moist and funky smell of overly processed pizza sauce undoubtedly seeping into the faux wood-panelled walls of our basement.

I don't think my sister and I ever really enjoyed eating that garbage, but we convinced ourselves that we were supposed to like this stuff since we saw it advertised all the time.

We didn't really embrace Chinese cuisine again until we were in our 20s.

It's something I look back on with a bit of regret: I was too busy stuffing myself with crap food to appreciate my grandma's food. She died by the time I developed an interest in cooking.

Eventually, our lives became less of a *Virgin Suicides* scenario: My sister moved out to live when her then-boyfriend and I became a boots-on-the-ground aspiring reporter and went to study journalism.

To our parents' credit, they trusted us. They knew we'd have to explore the world or else we'd be a pair of Chinese Norman Bates, and they accepted that there's a cultural difference between us that they would never understand (for example, me going camping and my sister's love of brunch).

Nowadays, my sister's summers consist of her and her husband taking their little Madeline to the park.

Ironically, this summer I'm cooped up in Torstar's test kitchen as the aroma of cookies, seared chicken and roasted cumin-scented cauliflower fills the windowless room.

No microwaveable pizza is allowed.

RECIPE

Romesco sauce: Your solution for all those ripe tomatoes

The chef, staff, food and wine at Araxi Restaurant and Oyster Bar, the celebrated fixture of B.C.'s Whistler Village, often find their way onto regional "best of" lists.

The restaurant prides itself on farm-to-table sourcing and dining, and the menu is designed around fresh ingredients from local farmers, fishers and ranchers. There, a 6-ounce Canada Triple A beef tenderloin steak is priced at nearly \$50. A prawn and pea risotto will set you back almost \$30.

A new cookbook authored by Araxi executive chef James Walt, who grew up working on Ottawa-area farms and was seduced by a local food philosophy early in his restaurant training, is more accessible for regular folks. Walt now lives among the producers and farmers of the Pemberton Valley and Araxi's identity is firmly entrenched

in its west coast surroundings.

Araxi: Roots to Shoots, Farm Fresh Recipes is the second Araxi cookbook — the first earned a James Beard award nomination — and includes seasonal recipes from the restaurant dining room and its outdoor longtable series adapted for home cooks anywhere in Canada.

Grilled Bread with Romesco and Cheese

Romesco is a common Spanish sauce that typically includes tomato, nuts, garlic, peppers and day-old bread as a thickener. It's great this time of year when tomatoes are fresh from the field, as the ingredients are few and simple.

This would be delicious hot or cold over pasta, or with fish.

Ingredients:

• 5 large tomatoes, cores re-

moved and cut in half

- 1 head of garlic, divided into cloves, skins on
- 1 red bell pepper, seeded and cut in half
- 1/3 cup (80 mL) blanched almonds
- 1 slice crusty bread, cut into quarters
- 1/2 cup (125 mL) olive oil
- 1/4 cup (60 mL) red wine vinegar
- 1 tsp (5 mL) sweet paprika

Directions:

1. In a medium roasting pan, arrange tomatoes, garlic cloves, red pepper, almonds and crusty bread. Drizzle with 1/4 cup olive oil. Bake at 375 F (190 C) for 30 minutes or until tomatoes and garlic cloves are softened but not blackened.

2. Remove from oven. Set aside until cool.

3. In a food processor, squeeze garlic from skins. Add roasted ingredients, remaining olive oil, vinegar and paprika. Pulse to combine. Add sea salt to taste and blend until smooth.

Grilled bread:

- 2 baguettes, sliced on diagonal into half-inch slices
- 4 tbsp (60 mL) olive oil
- Salt and pepper
- Goat cheese

Directions:

1. With a pastry brush, baste one side of bread slices with olive oil. Season with salt and pepper to taste. On a barbecue or indoor grill over medium-high heat, cook on one side until golden and lightly charred, about 5 minutes.

2. Turn bread over and grill



The Araxi cookbook features seasonal recipes from the restaurant dining room adapted for home cooks. TORSTAR NEWS SERVICE

for another 3 or 4 minutes. Repeat until all slices are grilled.

3. Apply a dollop of romesco

sauce to the grilled toasts. Add 1 teaspoon goat cheese to each toast.

Serve warm.

TORSTAR NEWS SERVICE

GOSSIP BRIEFS

Netflix to stream new Anne of Green Gables

Anne Shirley is going around the world. Netflix says it will stream an upcoming new Anne of Green Gables adaptation, which will also air on CBC-TV and has several women at the helm.

Emmy Award winner Moira Walley-Beckett is writing the entire first season of the new series Anne, which is based on Lucy Maud Montgomery's classic novel.

Niki Caro will direct the two-hour series premiere, while Miranda de Pencier produces the show.

The series, which will feature eight one-hour episodes, will stream globally on Netflix as it airs on CBC-TV in Canada next year. It will hit Netflix in Canada at a later date.

Production is scheduled to begin in September in Ontario.

THE CANADIAN PRESS



GOOD MORNING AMERICA

On-air racial slur 'a mistake': Robach

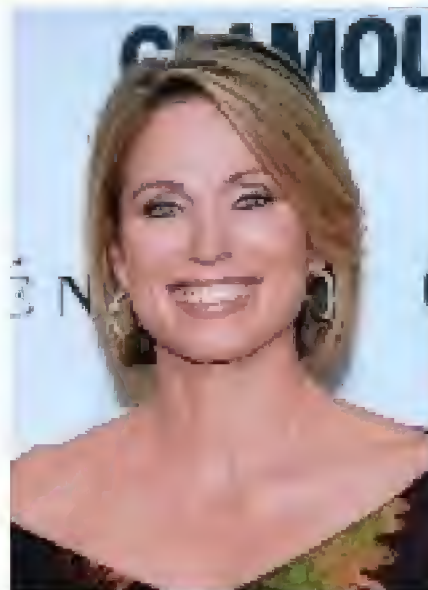
Good Morning America co-anchor Amy Robach has apologized for saying "coloured people" on Monday's broadcast of the ABC program.

Her use of the term sparked criticism on social media. "Offensive," tweeted one viewer. Another said Robach "gets a pass this time" but vowed to ditch GMA for a rival morning program if it happened again.

During a segment on diversity in Hollywood, Robach, who was substituting for Robin Roberts, noted recent criticism for casting white actors "in what one might assume should be a role reserved for coloured people."

After the broadcast, Robach released a statement explaining she had meant to say "people of colour." She called the incident "a mistake" and "not at all a reflection of how I feel or speak in my everyday life."

The words used to describe African-Americans have evolved over time to from words like Negro, coloured, Afro-American to the current black, African-American and people of colour, said Deborah E. McDowell, director of the University of



Amy Robach. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS FILE

Virginia's Carter G. Woodson Institute for African-American and African Studies.

"We no longer use the term coloured people, although once upon a time that was a term in use," McDowell said. "Now the preferred usage is people of colour if you are speaking about people of colour broadly. If you are referring specifically to African-Americans, people will frequently be specific and refer to us as African-Americans."

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Sunday for Dummies strategy paying off

THE SHOW: Match Game, Season 1 (ABC)

THE MOMENT: Just...all of it

"Michael, I told you to rub my hair for good luck," host Alec Baldwin says to a contestant on this 1970s game show revamp, where two competitors play fill-in-the-blank with six celebrity panelists. "That was a typo. It should be my balls."

The audience roars. "What would you do with \$25,000 if you won?" Baldwin asks Michael.

Panelist Leslie Jones pipes: "Get someone to rub his balls!" (Other celebs include Jack McBrayer, Cheryl Hines, Josh Charles and Rosie O'Donnell.) The audience roars.

Michael loses. "Can I say one thing?" Baldwin asks him. "You didn't rub my balls."

Match Game is part of a three-hour, Sunday night block of vintage game shows — the other two are Celebrity Family Feud and \$100,000 Pyramid — that ABC is running as counter-programming to the brainier fare



Leslie Jones is one of the panelists on Match Game. CONTRIBUTED

that's dominated the night of late (see The Good Wife, or anything on HBO).

So successful has this Sunday for Dummies strategy proved, ABC has renewed it.

I'm old enough to remember when these shows aired on weekday afternoons, and believe me, they were harder to win back then. For example, "Auntie's cooking," as one contestant ventured on Family Feud, would not have cut it as a match for the real answer, "Fruitcake."

The intention of simplifying things seems to be this: If no one is smart, hey, everyone is!

Match Game was always about wink-nudge innuendo. But today, this passes for discretion: When Jones writes "C*nt" on her answer card, they fuzz the word on screen. The audience roars.

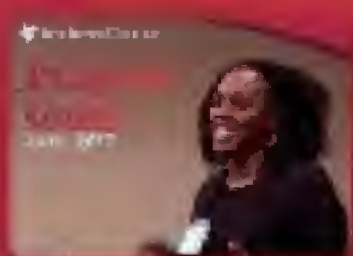
Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Winter's coming and this Swede is ready

INTERVIEW

Actor talks about working in -30C weather and icy water

Coming from Sweden, Joel Kinnaman has done some rolling in snow and leaping into ice-cold water "for pleasure."

So plunging into a hole in the ice in a Sudbury, Ont.-area lake while filming drama *Edge of Winter*, opening Friday, should have been easy. But there was something missing: the steaming sauna that comes first.

"You get this real endorphin rush out of it but it's different when you don't have a sauna," Kinnaman said with a chuckle of the scene where his character rescues his son (played by Spider-Man Tom Holland) after he falls through ice.

"Condition-wise, it was the toughest shoot I've done," Kinnaman said of night shoots in temperatures below -30 C.

Born in Stockholm to a Swedish mother and American father, 36-year-old Kinnaman lives in Los Angeles but says 90 per cent of everything he's done onscreen

since leaving Sweden has been in Canada.

He may as well be an honorary citizen. Like a typical Canadian, Kinnaman spends time talking up the Great White North to those unfamiliar with the country, explaining, "if Sweden and America had a baby, it would be Canada."

Kinnaman first drew notice in 2010 when the Swedish crime thriller *Snabba Cash* (Easy Money) hit theatres in his homeland. A huge box office and critical hit at home, the film screened at the Toronto International Film Festival before a brief theatrical run in 2012.

His made-in-Canada credits include the Toronto-shot box office titan *Suicide Squad*, where he plays elite soldier Rick Flag. He also shot the 2014 remake of *RoboCop* here and co-starred in four seasons of AMC crime drama *The Killing* in Vancouver. He's back to the West Coast soon to begin work on new Netflix sci-fi series, *Altered Carbon*.

Kinnaman shared insight into some of his characters.

Edge of Winter

Kinnaman plays Elliot, a separated dad not known for making good choices. He takes his sons

(Holland and Percy Hynes-White) on a trip to the woods where he hears the news that he is losing custody. Mounting desperation quickly makes him irrational.

"What really drew me to the script and the story was it wasn't black-and-white," he said. "It's really hard to try to create sympathy for a character who becomes a danger to his children's life."

Kinnaman, whose mother is a therapist, spent a lot of time researching and working out the roots of Elliot's psychological makeup, "and what was broken in him."

He figured Elliot had a borderline personality disorder. "He can no longer think like a normal human being."

Suicide Squad

"I had a lot of fun playing this guy," said Kinnaman of Rick Flag, the reluctant commander of the *Suicide Squad* gang of misfits and criminals. Director David Ayer, who was once in the U.S. navy, "was very generous with his own experience," Kinnaman said. He also had the actor train for months with military advisers to get ready for the role. "That became almost a bigger reward than the film itself," Kinnaman said.

The Killing

As swaggering ex-junkie Det. Stephen Holder on the AMC series, his character's wonky aphorisms were beloved by fans, who dubbed them "Holderisms."

"He has his own logic," laughed Kinnaman, who said he was grateful to have so much time to work on the evolution of Holder's character and his relationship with co-worker Sarah Linden (Mireille Enos).

"You and the writers kind of hit this creative stride together where it becomes clear what the logic of this character is and it can be illogical."

Case in point: "(Holder) could be a sushi chef but at the same time, he doesn't know how to cook pasta."

Altered Carbon

Kinnaman, who will return for Season 5 of *House of Cards* as New York Gov. Will Conway, is off to Vancouver for eight months to shoot the ambitious new Netflix sci-fi series based on Richard Morgan's 2002 futuristic novel. He'll play series lead Takeshi Kovacs.

"I don't know if I've ever been this excited about a job before," Kinnaman said. "It's crazy, it's gonna be so dope."

TORSTAR NEWS SERVICE



Joel Kinnaman stars in *Edge of Winter*, a Canadian-shot drama. CONTRIBUTED

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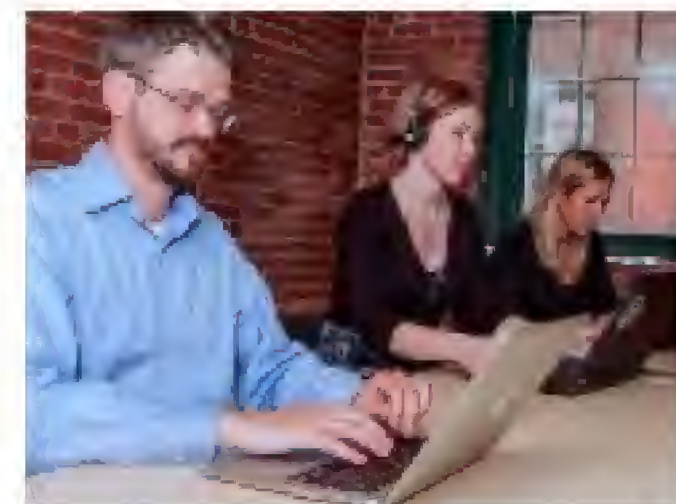
Between smart phones, tablets, laptops, and e-readers, the average person is spending many of their waking hours every day staring at some sort of screen.

All that screen time can put a real strain on our eyes, and the more time we spend on these devices, the more susceptible we are to Computer Vision Syndrome (CVS) and other systemic issues, says Clarke Moore from Nowlan & Moore Optometric.

"Your eyes are muscles, and like any other muscle, when they're being stressed, all that strain can build up and ultimately end up harming your eyes," explains Moore. "Over time, that build-up can lead to other things like cataracts, glaucoma, and other systemic issues."

Nowlan & Moore's optometrists Dr. Ross Moore, Dr. Stephen Mazur, and Dr. Darren Connor know all about CVS and can help clients avoid problems with the help of specially designed computer and vocational glasses.

And with a new school year just about to start — bringing a whole lot of screen staring time with it — Moore says it's a good time to book an appointment with an optometrist at



CONTRIBUTED

Nowlan & Moore to find out more about how purpose-made computer glasses can help save your eyes.

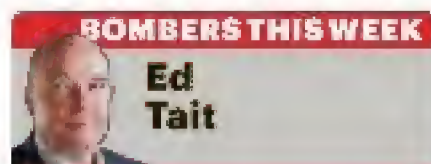
"Even if you have 20/20 vision you'll still be straining your eyes on the computer and glasses will help," he says. "If you can keep your eyes as comfortable as possible it definitely pays off."

Go to drossmoore.ca for more information about CVS and to book an appointment.



Olympic gold medallist Neymar won't rejoin FC Barcelona until after Brazil's World Cup qualifiers on Sept. 1 and 6

Time for Bombers to establish identity



BOMBERS THIS WEEK

Ed Tait

Gather round, Winnipeg Blue Bombers fans, for a simple multiple-choice quiz we like to trot out when the local footballers pit stop for their annual summer bye.

Here goes:

Eight games into the Canadian Football League season the Blue Bombers are:

A) A .500 team on a three-game win streak backstopped by a ball-hawking defence;

B) A .500 team on a three-game win streak led by the emerging force that is their offensive line;

C) A .500 team on a three-game win streak that has not just survived, but thrived despite major injuries to its receiving corps and secondary;

D) All of the above.

Our answer is 'D', FYI, and while there really is no wrong answer right now, feel free to debate amongst yourselves.

Now, we've also trotted out this quiz for another reason: In years past, the very same question would have brought out some serious anger and frustration in Bombers fans, with each answer accompanied by a string of expletives that would not be fit for newsprint.

My, how that narrative has definitely changed.

"We've come together," said Bombers running back Andrew Harris after practice on Monday. "We're gelling right



Kevin Fogg and the ball-hawking Blue Bombers defence have helped the team claw its way back to .500. NATHAN DENETTE/THE CANADIAN PRESS

now and guys are just making plays all across the board. The next three games are big ones for us and we want to come out 7-4.

"We need to run the ball and we've been able to do that. We need to hit the deep shots and more recently in the last three games we've been able to do that. We've also been able to check it down and run the clock out in the same drive.

"We're really complete right now. We play a complete game and finish out teams. We've got to keep building on that."

Harris also referenced another key point to the Bombers recent turnaround: They have shown both depth and resiliency that have been in short supply over the past couple of seasons.

All that said, this recent run has only brought the Bombers back to respectability. A 4-4 record hardly has anyone in their clubhouse mapping out a Grey Cup parade route. What this club has next is a trip to Montreal this week, followed by the annual back-to-back Labour-Day-Classic/Banjo-Bowl slugfest with the Saskatchewan Roughriders.

There's a chance here for this team to really stake a claim to a playoff spot with a good run, but for it to also

establish its identity as a physical bunch backed by a turnover-creating defence and augmented by a ball-control offence that will take the occasional deep shot.

"The sky's the limit with this group," said left tackle Stanley Bryant. "It's been a long time here and I feel like this is the group that can turn it around. And I'm not just saying that because we're on a three-game winning streak and are just doing what we're expected to do.

"We're getting closer. I really think we're destined for great things but we've got to keep piling up those wins and keep building it."

OLYMPIC SCANDAL

Lochte dropped by major sponsors

Ryan Lochte lost two major sponsors when Speedo USA and Ralph Lauren announced Monday they were dumping the swimmer over a drunken incident during the Rio Olympics that he initially described as an armed robbery.

Speedo USA also said it would donate \$50,000 of Lochte's fee to Save The Children to benefit needy youngsters in Brazil.

"While we have enjoyed a winning relationship with Ryan for over a decade and he has been an important member of

the Speedo team, we cannot condone behaviour that is counter to the values this brand has long stood for," the swimsuit giant said in a brief statement. "We appreciate his many achievements and hope he moves forward and learns from this experience."

Shortly after, Ralph Lauren followed suit: "Ralph Lauren's

endorsement agreement with Ryan Lochte was specifically in support of the Rio 2016 Olympic Games and the company will not be renewing his contract."

THE ASSOCIATED PRESS

“Over-exaggerated the story. If I had never done that, we wouldn't be in this mess.”

Ryan Lochte

INDYCAR

Power resumes hot stretch in Pocono

Will Power can't seem to do any wrong, which means IndyCar has another serious points race looming.

Power continued his late-season surge on Monday, holding pole-sitter Mikhail Aleshin at bay after a final restart, and won the IndyCar race at Pocono Raceway.

It was the fourth win in the past six races for Power, 29th of his career, and cut the lead of Team Penske teammate Simon Pagenaud to 20 points in the standings with three

races remaining in the season.

After crashing late, Pagenaud finished 18th in the 500-mile race, which was postponed a day by rain.

Defending race winner Ryan Hunter-Reay finished third, Josef Newgarden was fourth, and Sebastien Bourdais fifth thanks to late-race tire strategy. Scott Dixon, Carlos Munoz, Juan Pablo

Montoya, Tony Kanaan and James Hinchcliffe of Oakville, Ont., rounded out the top 10.

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29

The victory was the 29th of Power's career.

IN BRIEF

Koivu named captain once again for Team Finland

Mikko Koivu will serve as Finland's captain for the upcoming World Cup of Hockey.

Koivu has been the Minnesota Wild's captain since 2009. He was captain for Finland at three world championships, winning in 2011.

The six-foot-three centre has 161 goals and 395 assists in 763 NHL games.

THE ASSOCIATED PRESS

Nationals place struggling Strasburg on 15-day DL

The Washington Nationals have placed Stephen Strasburg on the disabled list with right elbow soreness.

Strasburg, who started 15-1, is 0-3 in his past three starts with a 14.66 ERA. The right-hander went 4-2/3, 5-1/3 and 1-2/3 innings in those games, in which opponents batted .414 against him.

THE ASSOCIATED PRESS

Red Sox pull into tie for division lead

David Price limited his old team to two hits in eight scoreless innings, helping the Boston Red Sox beat the Tampa Bay Rays 6-2 on Monday night to move into a tie for first place in the AL East.

Price (12-8) walked two, struck out eight and didn't allow a runner past first base while extending Tampa Bay's scoring drought against Boston to

MONDAY At Tampa



25 innings dating to a series at Fenway Park before the all-star break. Evan Longoria stopped the streak with a two-run homer

off Matt Barnes in the ninth.

Boston's Andrew Benintendi drove in a run with a fourth-inning sacrifice fly. Benintendi also kept Price's bid for a shut-out alive by denying Steven Souza Jr. what would have been a two-run homer with an eighth-inning catch that nearly sent him tumbling over a short wall in the left-field corner.

The victory was the ninth in

11 games for the Red Sox and lifted them into a tie with Toronto, which was idle Monday.

Chris Young returned from a two-month stay on the disabled list to drive in a run with a double off Blake Snell (4-6). Hanley Ramirez had a sacrifice fly in the seventh and Xander Bogaerts added a two-run homer off Danny Farquhar in the ninth.

THE ASSOCIATED PRESS

RECIPE Fresh Corn Fritters with Cucumber Feta Salsa



PHOTO: NAVA VISNEN

Ceri Marsh & Laura Keogh
For Metro Canada



Directions

1. In a medium size mixing bowl, beat the eggs and then add the corn. Stir in the corn meal, flour, onions and then season with salt and pepper.

2. Heat the oil in a large skillet over medium heat until the oil is shimmering and hot. Cook the fritters in batches. Drop a heaping tablespoon of batter into the skillet. Flatten slightly with the back end of a spoon or spatula. Cook, turning once until browned, 4-6 minutes on each side.

3. Fritters can be reheated by placing on a sheet pan under a broiler for a minute or two.

Ready in 25 minutes

Prep time: 10 minutes
Cook time: 15 minutes
Makes 10 small fritters

Ingredients

- 3 eggs
- 2 cups corn kernels, about 3 cobs either boiled or grilled
- 3 Tbsp corn meal
- 4 Tbsp spelt flour
- 2 green onions, chopped
- salt and pepper to taste
- 2 Tbsp vegetable oil

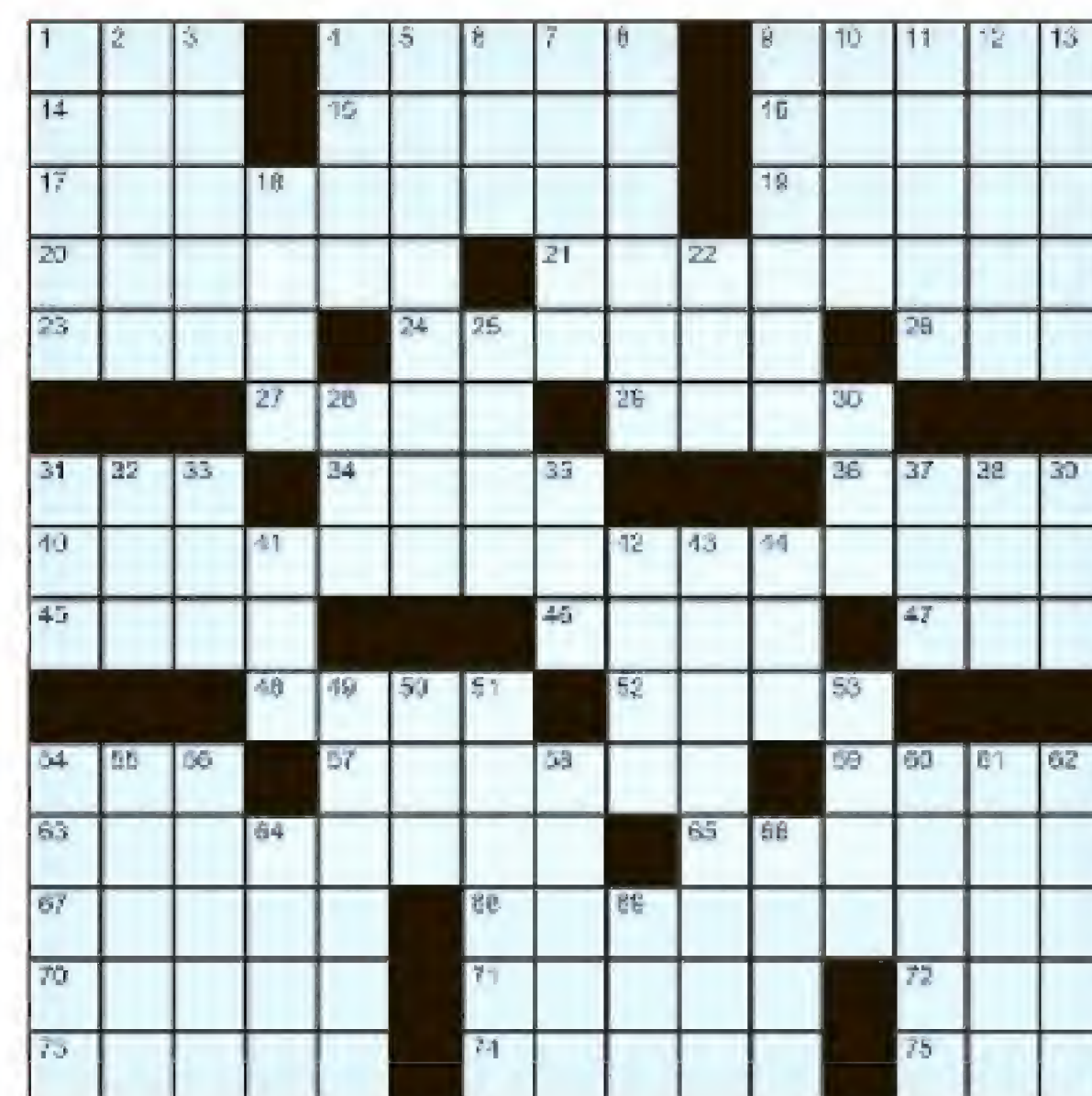
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BY KELLY ANN BUCHANAN

ACROSS

1. __ rally
4. Persuade/urge
9. Tave of 'Rent' (2005)
14. Chicken King link: 2 wds.
15. Singer Ms. Ross
16. Throat part, like in Dairy Queen commercials
17. What it will be tomorrow
19. Military officer, e.g.
20. Go forth
21. Meld
23. Hair colour changers
24. Dense
26. Massachusetts Senator whose brother was President ... his initials-sharers
27. Guided travel fun
29. Eye droplet
31. UK security service
34. Monks' monikers
36. Fever symptom
40. Canadian warplanes, e.g.: 3 wds. (NOTE: Answer is partially numbered)
45. Machine gun, e.g. (NOTE: Answer is partially numbered)
46. Apiece
47. Make possible
48. Car defect
52. "___ Little Fool" by Ricky Nelson
54. New Zealand parrot
57. Exacerbate
59. Middle-__
63. There __ (Not present, but



- present)
65. "Goodness": 2 wds.
67. Like porridge bits
68. 'Handy' style of fortune telling
70. Hurt, wasp-style
71. Elliptical
72. Ms. Leoni

73. Joanna of Growing Pains
74. Little __ Coupe by The Beach Boys
75. Unpaired

DOWN

1. 'Footed' like Fido
2. Dirge

3. San Diego baseball player
4. Chemical suffixes
5. Kansas City's location
6. Stenographer's need
7. Make into law
8. House's floor plan
9. 2001: A Space

- Odyssey (1968) star, Keir __
10. Jazz vocalist Ms. Anderson
11. Invitee
12. 18th-century operas composer, Christoph Willibald __
13. Fully satisfies hunger

18. Cozy retreat
22. Purch add-on (Buy)
25. Talk big
28. Not at work today
30. Pre-1947 British rule in India
31. Fancy-style 1900
32. Q. Do you know __ is the alphabet's 11th letter? A. I do, and it is.
33. Montreal area code
35. The __-Craiture (1966)
37. Salon styling stuff
38. 4WD truck
39. Founded (abbr.)
41. Discarded/abandoned, in slang
42. Glue alternative
43. __ sanctions, as imposed by governments
44. P. to Socrates
49. 'Dallas' family. The __
50. Neither/_
51. Three-legged camera stand
53. Vintage house heaters, for short
54. Info booth
55. Related maternally
56. Awakened
58. __ off (Fend/ fight)
60. Spanky & Our Gang's Like to __ Know You
61. Dog-__
62. Mythological tree nymph
64. Sean of movies
66. Cover
69. Mr. Ferrigno

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have money on your mind, perhaps because you want to make a special purchase. Stay in touch with financial matters and your earnings.

Taurus April 21 - May 21
The Moon is in your sign today, which makes you more emotional than usual. You feel concerned about the welfare of a friend. Meanwhile, fun times and vacations appeal!

Gemini May 22 - June 21
Secrets might come out today. However, your primary focus is on entertaining at home as well as doing home repairs and redecorating projects.

Cancer June 22 - July 23
You're eager to communicate to others now, especially a friend. Keep in mind that you can make money with your words through writing and talking this week.

Leo July 24 - Aug. 23
People might become aware of some personal details about your private life. This could possibly relate to finances, which are a high priority for you today.

Virgo Aug. 24 - Sept. 23
Four planets are in your sign right now — the Sun, Mercury, Venus and Jupiter. This empowers you! Go after what you want, especially if you want to make travel plans.

Libra Sept. 24 - Oct. 23
Today you might quietly resolve to be the best that you can be. At the very least, you want to improve your health, your attitude and your productivity. (Tall order!)

Scorpio Oct. 24 - Nov. 22
This is a popular time for you. Today in particular, you will enjoy hanging out with friends and partners. Be easygoing and ready to compromise.

Sagittarius Nov. 23 - Dec. 21
With fiery Mars in your sign, you are pumped with energy! Meanwhile, the Sun at the top of your chart makes you look fabulous in the eyes of others. Great combo!

Capricorn Dec. 22 - Jan. 20
This is a playful, fun-loving day. Travel for pleasure if you can. Explore creative options and opportunities.

Aquarius Jan. 21 - Feb. 19
Although you might want to cocoon at home today, keep in mind that you can benefit from the wealth and resources of others at this time. Just ask for what you want!

Pisces Feb. 20 - March 20
You're eager to learn something new today. Look for opportunities to learn from someone else, because they exist. Listen to someone.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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8				3	7			9

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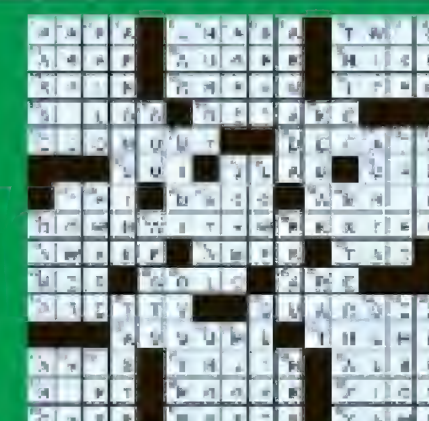
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7	9	3	4	6	8	2	5	1
2	5	4	1	7	9	6	8	3
6	1	2	5	4	7	3	9	8
9	8	5	3	1	6	7	4	2
4	3	7	8	9	2	5	1	6
8	2	1	7	3	5	4	6	9
5	4	9	6	2	1	8	3	7
3	7	6	9	8	4	1	2	5

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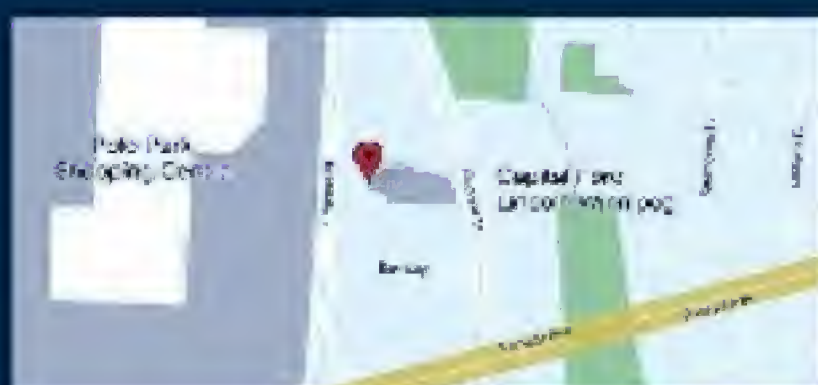
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